



Adaptive Recreation Youth Registration

Name: _____

Address: _____

City: _____ ZIP _____

Date of Birth: ____/____/____

Phone #1: () _____

Emergency Phone #: () _____

Email Address: _____

(If you wish to receive electronic program updates & notices)

CLASS	TIME	COST
<input type="checkbox"/> Afterschool Program	See program description.	\$1,340.00 for 13 weeks.
<input type="checkbox"/> Music 4 Youth	See program description	\$70
<input type="checkbox"/> Girl Scouts	4:30-5:30 p.m.	\$42
<input type="checkbox"/> Swim Lessons	See Description	\$56
<input type="checkbox"/> Teen Scene	Varies	\$20
<input type="checkbox"/> Harvest Dance	6:30-8:30 p.m.	\$5
<input type="checkbox"/> X-mas at Plummer House	6:30-8:30 p.m.	\$10
<input type="checkbox"/> Christmas Dance	6:30-8:30 p.m.	\$7
<input type="checkbox"/> Christmas Break Recreation	9:00 a.m.-2:00 p.m.	\$100 <input type="checkbox"/> We are requesting a 1:1 @ an additional cost of \$50

PAYMENT METHOD

☐ **Cash** = Total amount submitting: \$ _____

☐ **Check/Money Order** = Total amount submitting: \$ _____

Bill: _____
Name of Organization & Contact Name with Phone #

☐ **Credit Card:**
____ Visa ____ Master card ____ Discover

Name on card: _____

Card #: _____

Expiration Date: ____/____

Total amount to be charged: \$ _____



Adaptive Recreation REGISTRATION INFORMATION

The Parks & Recreation Department

Dates: Monday, August 16-Friday, August 27

Office hours: Monday-Friday from 8am-5pm

Location:

The Government Center
201 4th Street SE #150
Rochester, MN 55904



Adaptive Recreation phone number:
(507) 328-2539

Email Address: kmeyer@rochestermn.gov

Web Address: www.rochestermn.gov/departments/park

Registration Options:

- 1). In person
- 2). By Mail
- 3). By phone (Visa, MasterCard, and Discover card payments only)



What is the Adaptive Recreation Program?

The Adaptive Recreation program is sponsored by the Rochester Park & Recreation Department and is a year-round therapeutic sports and leisure program for persons with a developmental disability.

Activities are designed and adapted to address the unique needs of participants who may have one or more disabilities including Mental Retardation, Autism Spectrum Disorder, Cerebral Palsy, Down Syndrome, General Global Delays, and physical challenges.

If you would like more information about our program, please call the Coordinator of Adaptive Recreation at (507) 328-2539 or visit our website at www.rochestermn.gov/parks





Give it a T-R-Y!

If you are looking for activities to develop:	We suggest trying:
*Fine Motor Skills . . .	Kaleidoscope
*Gross Motor Skills . . .	Swim Lessons
*Social skills and relationship building. . .	Music for Youth Girl Scouts Teen Scene
*All of the above . . .	The After School Program & Christmas Break Recreation
*Just plain fun . . .	Harvest & Christmas Dances! Christmas at the Plummer House!

The 'Afterschool Program'

Bear Creek Services in partnership with The Rochester Parks & Recreation Department (the Adaptive Recreation Division).

This program offers a safe & stimulating afterschool environment for children with a variety of special needs to benefit from activities involving fine & gross motor skills, individual & group work, music therapy, dramatic play and sensory stimulation; emphasis is placed on socialization and communication. An afterschool snack, homework help and transportation from a Rochester Public/Private school or residence **TO** Bear Creek Services are also provided!!

The program will be offered on school-days throughout the year; dates for the winter session will be available in the Winter Brochure due out in November.

WHO: Youth ages 4-18 with a Developmental Disability.

DATES: Fall Session, Monday-Friday, Sept. 7-Dec. 22
School days and Early Dismissal days only!

TIME: *Youth ages 4-11 *Youth ages 12-18
3:30-6:00 p.m. 2:30-6:00 p.m.

LOCATION: Bear Creek Services, 3108 Hwy 52 N.

COST: *1340.00/child /staff to client ratio of 1:4

OTHER: Limited space available. Registration is on a "first come/first serve" basis. Those registering for the program will receive a more detailed packet of information with forms to be completed & returned prior to participation.



Wednesdays

"Music for Youth"

This program uses the therapeutic elements of music to address physical, emotional, cognitive, and social needs of children with Developmental Disabilities.

Music therapy promotes
* wellness
*helps children express feelings
*enhances memory
*improves communication



Jenny Kruse is board certified with a Masters in Music Therapy and has extensive experience working with youth with Developmental Disabilities in a variety of settings. Jenny has successfully led the Music for Youth program the past 8 years.

WHO: Youth ages 3-17
DATES: Wednesdays, Oct. 6- Nov. 17
LENGTH: **7 weeks**
TIMES: Ages 13-17: 3:30-4:10 pm
Ages 3-7: 4:15-4:45 pm
Ages 8-12 4:45-5:15 pm

COST: **\$70.00**
LOCATION: Bear Creek Services, Inc. located @
3108 Highway 52North along the East Frontage Road.

Thursdays

"Girl Scouts"

Affiliated with the Girl Scout Council of Minnesota & Wisconsin River Valleys!

Learn the Girl Scout promise, play games, sing songs, make crafts, and have lots of fun with your girl friends! Girl scouting is for **EVERY** girl, everywhere . . . don't miss this great opportunity to become a Girl Scout with Troop #42121!

WHO: Girls ages 5-19 years of age
DATES: Thursdays, Sept. 16-Nov. 4
(No meeting on Oct. 21)
LENGTH: **7 weeks**
TIME: 4:30-5:30 pm
COST: **\$42.00**
LOCATION: Activity Room #2 at the Rochester Recreation Center, 20 Elton Hills Dr NW



THURSDAYS

"SWIM LESSONS"

This program is designed to help the new or novice student become comfortable in the water and to help the student learn basic swim skills through one to one instruction. Experienced swimmers are welcome and will work on refining swim strokes and endurance.

WHO: Persons ages 4-17
DATES: Thursdays, Sept. 16-Nov.18
(No instruction Oct. 21 or Nov. 11)
LENGTH: 8 weeks
TIME: 6:00-6:30 p.m. or 6:30-7:00 p.m.
COST: \$56.00
SITE: The Recreation Center Pool.



FRIDAYS

"TEEN SCENE"

A popular program in which "Teens" plan the Friday Night activities based on the group's interests. Examples of activities include making dinner at the Plummer House, going to a high school sports game or play, seeing a movie, and bowling!

WHO: Persons 13-17 years of age
DATES: Fridays, Sept.17-Nov. 19
(No activity Oct.22 or 29)
LENGTH: 8 weeks
COST: \$20.00 (registration fee only)
*Additional costs associated with some activities.



TIME &

LOCATION: Teens will meet at Valentin's Pizzeria from 6-8:00 p.m. to discuss & plan the activity schedule for the session. Please bring \$6.00 for pizza & pop!

SPECIAL EVENTS!

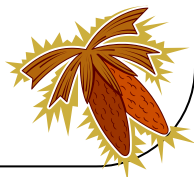
"HARVEST DANCE"

Co-sponsored with the Knights of Columbus

Dress up like a farmer, a cowboy (or girl), a pumpkin, a scarecrow, or how about a marshmallow or some other "friendly looking costume!" There'll be music, dancing, and refreshments from 6:30-8:30 p.m. Pre-registration is required and will be taken until noon on Thursday, October 28. "Walk-in's" will **not** be accepted the day of the dance!

SUPERVISION IS LIMITED!

WHO: Persons 16 years and older!
DATE: Friday, October 29
TIME: → 6:30 -8:30 p.m.
COST: \$5.00
SITE: The Mayo Civic Center



Special events continued . . .

"CHRISTMAS AT THE PLUMMER HOUSE"

The Historic Plummer House will be fully decorated with garland, lights, and tree all to enjoy while we sing traditional Christmas Carols with Jenny and crafts with Wanda! Cider and cookies will be part of the festivities!

WHO: Persons 16 years and older
DATE: Monday, December 13
TIME: 6:30-8:00 p.m.
COST: \$10.00
SITE: The Historic Plummer House of the Arts.



"CHRISTMAS DANCE"

Dress in holiday colors (red & green, etc.). Music and refreshments are all a part of the festivities surrounding this holiday season celebration! Pre-registration is required and will be taken until noon Thursday, December 16. "Walk in's" **will not** be accepted the day of the dance! **LIMITED SUPERVISION!!!**

WHO: Persons 13 years and older
DATE: Friday, December 17
TIME: 6:30-8:30p.m.
COST: \$7.00
SITE: Willow Creek Middle School Gym!

"CHRISTMAS BREAK RECREATION"

Youth will have the opportunity to burn off some of their stored up energy from the holidays and will play games, make crafts and go swimming. Bring a sack lunch, beverage, towel, and swimsuit daily!

WHO: Persons 4-17 years of age
DATES: Dec. 27-31
LENGTH: 5 days
TIME: 9:00 a.m.-2:00 p.m.

COST: \$100.00.
If needing a one: one, please add an additional \$50 to the fee.

SITE: To be determined. You will be notified by letter/email of the location in November.





Announcements

ALLEGRO DANCE STUDIO PRESENTS . . .

DANCE MOVEMENT CLASS

This opportunity is designed for children with mild developmental disabilities. A safe studio environment allows students to explore their physical movement and motor skills, express themselves and gain healthy body awareness. Other goals include; development of group social skills, independence from parents while participating in class, and the joys of movement and music.

Who: Children ages 6-10 who are able to move and follow simple directions.

Dates: Classes begin September 11

Time: Saturdays from 12:45-1:30 p.m.

Cost: Monthly fee \$55. The registration fee has been waived. Contact Allegro for further information call 507.288.0125 or visit www.AllegroDanceMusic.com to register.



"Special Needs Resource Booklet"

In May 2006 a group of parents and professionals formed a committee known as SNOCs (Special Needs Organizations Committee) in order to bring greater awareness of the ever expanding number of special services available in and around the Rochester Area, to individuals, families, and professionals touched by a developmental disability. Out of the meetings came the idea and publication of the SNOCs Resource Manual.

Information on resources includes:

- *Education
- *Employment/Day Programs
- *Recreation/Activities
- * Residential
- *Resources/Support Groups



and includes local, area, and statewide services available to persons from birth through adulthood with special needs.

If you would like a **FREE & UPDATED** copy of the SNOCs Resource booklet, you may download it from <http://www.rochestermn.gov/departments/park>